

# Cardiovascular Disease Mortality and Risk Factors

## *in the North Central District Health Department Region*

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### **North Central District Health Department**

Counties: (Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock)

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Age-adjusted mortality rates for each of the four CVD related causes of death in the North Central District Health Department region are not statistically different than those for all Nebraska residents. Positively, of the 18 local public health departments in this report, adults in the North Central region rank highest (23.7%) for consuming five or more servings of fruits and vegetables daily and rank third lowest (17.0%) in current cigarette smoking. However, in contrast, compared to the rest of the state, a high percentage of adults in the North Central region, especially men, have diagnosed high blood cholesterol (among those that have ever had it checked) and report no participation in leisure time physical activity. Furthermore, adults in the North Central region, aged 18-64 years, rank highest (out of 18) in no health care coverage at 19.4% which is significantly higher than the 11.7% for the entire state, and approximately 19.6% of females have no health care coverage, 1.8 times higher than the statewide average of 10.9% for females.

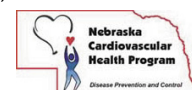
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### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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**Full copy available for download at: <http://www.hhs.state.ne.us/cvh>**

# North Central District Health Department

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Antelope, Boyd, Brown, Cherry, Holt, KeyaPaha, Knox, Pierce and Rock	40.3 years	H.S Grad / GED or higher	84.2%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	14.9%	White,non-Hispanic	49,306 96.5%
51,084	\$29,509			Minority	1,778 3.5%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in North Central District Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,376	301.6	15.9	608	353.7	28.1	768	256.7	18.2	1.38 <sup>+</sup>
Heart Disease	1,054	231.4	14.0	480	278.9	25.0	574	193.1	15.8	1.44 <sup>+</sup>
Sudden Cardiac Death	543	117.2	9.9	247	144.4	18.0	296	94.1	10.7	1.53 <sup>+</sup>
Stroke	254	54.6	6.7	96	55.4	11.1	158	52.0	8.1	1.07

Source: Nebraska Vital Records

<sup>+</sup> The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in North Central District Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	516	64.5	5.0	195	62.8	8.1	321	66.0	6.2	0.95
<sup>2</sup> Diagnosed Diabetes	964	5.1	1.4	359	4.4	1.9	605	5.7	1.9	0.77
<sup>3</sup> 5-a-day Consumption	600	23.7 <sup>++</sup>	3.9	218	22.4 <sup>++</sup>	6.4	382	24.7	4.9	0.91
<sup>4</sup> Diagnosed High Blood Cholesterol	384	32.0	5.6	143	35.5	9.5	241	29.1	6.5	1.22
<sup>5</sup> Diagnosed High Blood Pressure	536	26.0	4.5	202	25.0	7.3	334	26.8	5.5	0.93
<sup>6</sup> No Health Care Coverage, 18-64	630	19.4 <sup>++</sup>	3.9	247	19.2 <sup>++</sup>	6.3	383	19.6 <sup>++</sup>	4.7	0.98
<sup>7</sup> Obese	923	22.5	3.1	355	26.5	5.2	568	18.8	3.6	1.41 <sup>+</sup>
<sup>8</sup> No Leisure Time Physical Activity	823	30.8 <sup>++</sup>	3.7	304	31.7 <sup>++</sup>	6.1	519	30.1	4.6	1.05
<sup>9</sup> Current Cigarette Smoking	964	17.0 <sup>--</sup>	2.8	359	18.5 <sup>--</sup>	4.7	605	15.8 <sup>--</sup>	3.4	1.17

Source: Nebraska Behavioral Risk Factor Surveillance System

<sup>++</sup> The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

<sup>--</sup> The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

<sup>+</sup> The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

<sup>-</sup> The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days